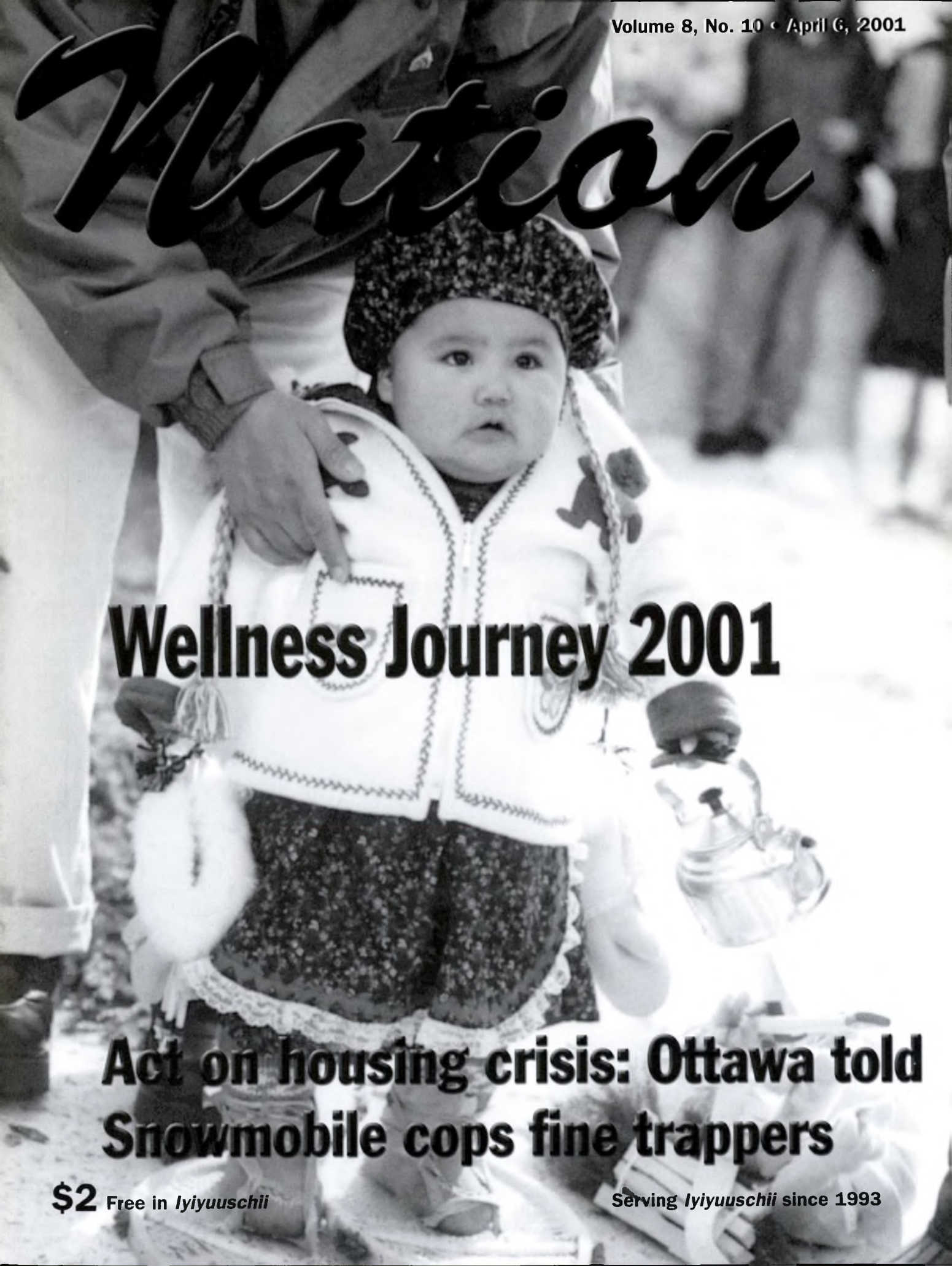
Volume 8, No. 10 • April 6, 2001

Nation



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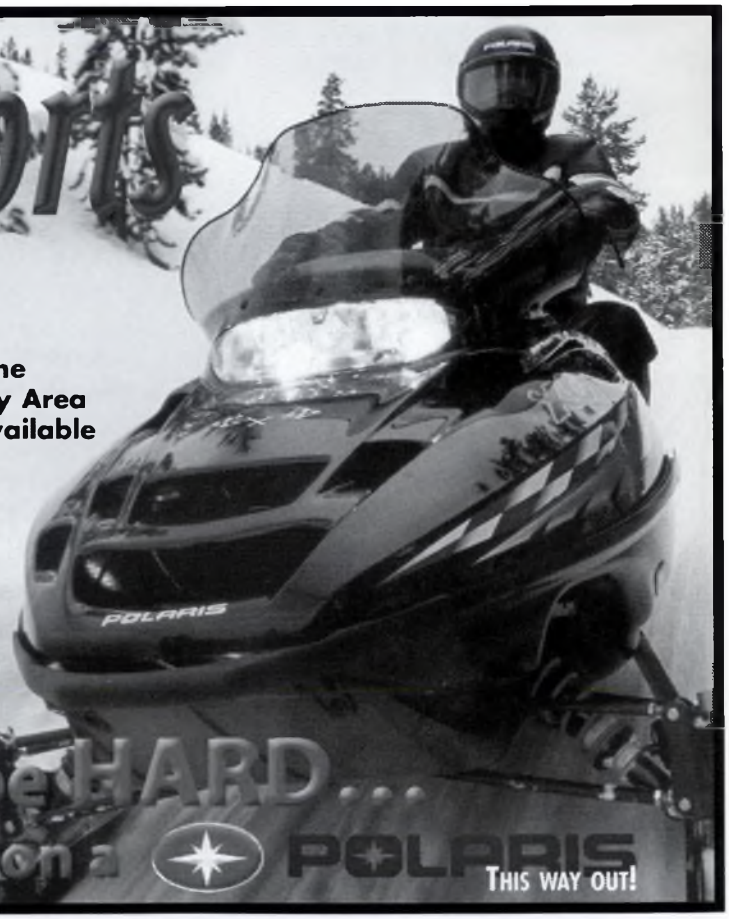

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STRAWBERRY ANYONE?

While on the Wellness journey I shared a Legend with a friend. He said I should share it with everyone as it doesn't negate Christianity but adds to it. I will write as I remember it.

In the beginning the Creator made the earth, animals and plants. He created First Man to name the animals and plants. As time went by First Man noticed that each animal had a companion and he felt lonely. So First Man asked the Creator for a companion and the Creator was agreeable and made First Woman.

Life was good and they went about the Mother Earth naming the animals and plants and their functions. Occasionally they would argue but it was the springtime of their love and they would make up quickly.

Later though they got into an argument and neither of them would back down. Finally First Woman said she was leaving never to come back again. First Man told her to go, as he couldn't care less.

Well, off went First Woman walking as only an angry woman can walk. You know the walk. Those fast long angry strides.

By and by First Man felt lonely and regretted his words and he started out after First Woman to apologize. But First Man, though he walked fast, couldn't match the angry woman walk so he broke into a hunters run. You know that hunters run when you are trying to catch a wounded animal. Still he couldn't catch up, so he called to the Creator. He asked the creator to help him, as he loved First Woman.

The Creator agreed to help and made berries grow out of season to entice First Woman into stopping and eating. First Woman passed by the ripe gooseberries without stopping. She passed by the blueberries and raspberries without stopping. That angry woman walk was straight and strong.

Again First man cried to the Creator for help. The creator said that he would help one more time but it would be the last time because First Man and First Woman had to learn to work these things out themselves.

The Creator told First Man he would create a new thing to help and told him why. The Creator made a new berry, the strawberry. He made it like the human heart in shape and in color.

He made the strawberries grow close to the ground and when First Woman's mocassins hit them a wonderful smell tickle her nose. She could not resist and stopped to try one. The sweetness of the strawberries leads to another and another.

Now First Man caught up and as he was apologizing, First Woman asked him to try the strawberries.

He tried one and told what the Creator had said about making them like the human heart. First Man said the sweetness was the sweetness of love they felt for each other and the sweetness that is in all human hearts in the beginning. They promised never to fight again in honor of the strawberry.

Well, you just have to look around to know how long that promise lasted but remember, even though you may argue, remember the strawberry and what it means. That sweetness was between you both and should be at the end of your fights. And that my friends is the story of how and why the Creator made the strawberry.

by Will Nicholls

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ON THE COVER

Wellness Journey walker Jimmy Etapp's daughter walks out on the first day of spring
Photographer: Will Nicholls
Cover Design: ANNETTE WABIE

Rez notes

BY THE ONE AND ONLY

Who does Rez Notes?

I got a call from Ndiamon and he told me that many faithful readers and fans have come to the conclusion that he has been writing the Reznotes since time immemorial. Ndiamon has been taking the last 9 months off, dear fans (and hate e-mailers) and this has Ndiamon in a tizzy.

"'splain to them, man. Tell them who you are. Tell the masses the truth about who is actually writing Reznotes, 'cause people still think it's me. I really think you deserve all the attention and credit, at least for the time since you replaced me last summer," begged Ndiamon. "I tell them it's you but they still won't believe me and it's kinda bugging me knowing that no-one has figured it out yet."

"All right," I said reluctantly. You see, I like the anonymity of writing under a pen name and most famous writers do this, even Ndiamon. Look at Aislin (really Terry Mosher and he does political cartoons) and Danielle Steele or Ed Anger. Do you think that they cash their cheques under their pen name just to draw attention to themselves? It's the way of the pen, not the sword. So, I figured that I would point out to our dear readers the fine differences between Ndiamon and Myself, the one and only.

Ndiamon	vs.	The one and only
Can be suave and debonair		**Saves** cans for the depanneur
Is slim and trim		**Is** big and husky
Is in his late thirties		**Is** in his early forties
Can comb his hair and part it		**Hair** is permanently parted
Young women want him until they find out he's in his late thirties		**Mature** women want him when they find out he's only in his early forties
Makes movies		**Stars** in movies
Listens to good music		**Writes** music and lyrics that no-one understands
Believes Elvis is dead		**Knows** Elvis is alive and living in Eastmain
Too young to remember Vietnam		**Danced** with Hanoi Jane
Comes from Lower James Bay		**Comes** from Upper James Bay
Drinks Molson Ex		**Ex-Molson** drinker
Gets comments like "ooh, are you the famous singer?" (nope)		**Gets** comments like "Are you related to Bobby Orr?" (yep)
Takes good photographs which are displayed all over the place.		**Takes** really good photographs which are stolen by art thieves
Calls the one and only for help when he needs it		**Helps** Ndiamon when he needs it
Couldn't care less for politics		**Politicians** couldn't care less for him
At bars is told that women want him		**Is** told to pass the message to Ndiamon that all the women want him.
Criticizes restaurants		**Could** cook for a restaurant if he wanted to

So how in the world could anyone mistake Ndiamon for the One and Only? Is it because we share the same passions for writing, photography, wine and women? Is it because we are not afraid to bare ourselves in front of hypocritical critics and dare to write Reznotes? You tell us.

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by **Beesum Communications**

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Nation

Housing crisis causes health emergency

In a quiet voice, Chisasibi Elder Marion Sam Cox gave dramatic testimony about the impacts of the Cree housing crisis before MPs in Ottawa last week.

"I couldn't go to work a lot of times because I had severe headaches and asthma attacks all the time," Cox said in Cree through a translator.

"I knew it was the house making me sick because I never had those problems before. I had to go to the clinic all the time. The doctor said I had to use a puffer and medication for the rest of my life," she said.

Cox was part of a large Cree delegation that traveled to Ottawa to speak about the housing emergency at the House of Commons Standing Committee on Aboriginal Affairs.

Cree officials say years of underfunding have left Cree communities with a backlog of 1,400 homes, 250 old houses that should be torn down and another 600 new homes needed for young families over the next five years.

Total cost: $427 million.

Grand Chief Ted Moses told MPs the situation is a crisis and accused the Canadian government of stalling until the problem has become a serious health and social emergency.

"I call it a timebomb," he said. "We have been trying for many years to address the issue of housing, only to be told that officials don't have a mandate."

Moses said 60 percent of Cree homes are overcrowded by Canadian standards. Mistissini is the worst, with 79 percent overcrowding, followed by Chisasibi, with 62 percent.

He said the average Cree home has 5.2 people, way more than the Quebec average of 2.5.

The overcrowding is causing enormous health and social calamities.

Moses invited Members of Parliament to the Cree communities to see the problems first-hand.

Norm Hawkins, a housing advisor for the Crees, said the overcrowding leads to high humidity and mould build-up, which make homes unsafe.

In Chisasibi alone, 179 inhabited houses need to be torn down due to mould, said Hawkins. "But there is no place to put those people. We can't have people live in tents at 40 below zero," he said.

Especially dramatic was the testimony of Dr. Robert Harris, a public-health specialist who works in Chisasibi.

He said the mould and humidity in homes have led to serious respiratory and ear infections, and many sick kids. Community members are hospitalized twice as often as average, stay in hospital three times longer, the death rate is 2.6 times higher and 10 times as many potential years of life are lost due to respiratory problems.

He said humidity in the homes is 50 to 80 percent, compared to the recommended 30 percent. Common complaints: foul odors, fungus, sewage backup, asthma, wheezing and nausea.

Harris gave the example of Marion Sam Cox. She had an average of 18 emergency room visits per year for

by Alex Roslin

see Wheezing, page 9

Liberal MPs slam Indian Affairs

Liberal MPs blasted their own government last week for letting housing conditions deteriorate into a crisis in the Cree communities.

"I believe people in the Indian Affairs department are working as hermits," said Guy St-Julien, Liberal MP for Abitibi-Baie James-Nunavik.

"They are working in an ivory tower. They don't know what's happening in the Cree communities," said St-Julien, whose riding includes 12,000 Crees.

St-Julien spoke up during hearings last week of the House of Commons Standing Committee on Aboriginal Affairs, which heard Cree testimony about the housing emergency.

In last fall's election, St-Julien promised to fix the Cree overcrowding problem by April 1, 2001. With the deadline fast approaching and no solution in sight, St-Julien hastily arranged the committee hearings. He said the committee will hear more testimony this week from other First Nations and government officials.

"I'm not happy with my government, which hasn't woken up," he said.

"This is a very pressing problem. If we are able as a government to give millions of dollars to museums, to the Armed Forces, I find it very strange that officials would write to the chief that they are delaying solutions."

He was referring to an Indian Affairs official's letter to the Chisasibi band saying there is no funding for dealing with health problems associated with the overcrowding.

Other Liberal MPs also called on their government to act. "You would have to be blind not to agree there is a national (Aboriginal) housing crisis, not only in your communities, but across the country," Liberal MP Benoît Serré told Crees.

"This is a major, major problem. If we can spend $500 million on the Toronto waterfront, I think we can spend $500 million for Aboriginal housing.

"We have an obligation as a national

see MPs slam feds, page 9

Canada Investment and Savings
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Maureen Kempston Darkes
2001 National Campaign Chair
New Canada Savings Bonds
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Jacqueline C. Orange, President and Chief Executive Officer of Canada Investment and Savings (CI&S), is pleased to announce the appointment of Maureen Kempston Darkes, President and General Manager of General Motors of Canada Limited, as the 2001 National Campaign Chair of the New Canada Savings Bonds Payroll Program. Ms. Kempston Darkes succeeds outgoing 2000 Campaign Chair, Eric P. Newell, President and Chief Executive Officer of Syncrude Canada Ltd., whose term ended March 31, 2001.

Ms. Kempston Darkes will work with CI&S to introduce business leaders to the importance of regular savings for their employees, their companies, and the economic growth of Canada.

Established in 1946, the Payroll Savings Program is one of the largest automatic savings plans in Canada with about 15,000 participating employers and approximately one million Canadians buying Canada Savings Bonds (CSBs) through payroll deductions each year.

Canada Investment and Savings is the federal government agency responsible for the retail debt program, including CSBs and the New Canada Savings Bonds Payroll Program. For more information: **www.csb.gc.ca**

Canada Investment and Savings Placements Épargne Canada

Canada

Cree Nation Bears #1

To the Nation,

Here is some information on how well the Cree Nation Bears did in the 2000-2001 hockey season.

The parents of the team wish to congratulate the Bears on the following;

Finishing first in the inter-city league "CC" Abitibi-Temiscamingue with a record of 19 wins, 5 losses, 2 ties, and one over-time loss. Total of 41 points.

Rouyn-Noranda AMPB Tournament January 19-21, 2001 -Bantam "CC" Champions

Maniwaki Tournament February 16-18, 2001 - Bantam "CC" Finalists

Regional Playdowns Abitibi-Temiscamingue District March 22-25, 2001
Bantam "CC" Regional Champions

The parents also want to wish the team the best of luck in the upcoming provincial championships (Chrysler Cup), April 11-15, 2001 which will be held in the region of Estrie (south of Three Rivers).

This team is comprised of the following players and home communities.

Darryl Cooper	Goalie	#29	Waswanipi
Noah Cheechoo	Gaolie	#30	Mistissini
Tyson Gull	Defense	#4	Waswanipi
Joel Iserhoff	Defense	#7	Mistissini
Samuel House	Defense	#77	Chisasibi
Patrick Wapachee	Defense	#9	Mistissini
Aaron Mattawashish	Defense	#13	Mistissini
Mark Petawabano	Right Wing	#10	Mistissini
Ryan Petawabano	Center	#91	Mistissini
Nathan Shecapio	Left Wing	# 89	Mistissini
Shawn Iserhoff	Left Wing	#27	Mistissini
Naaman Shecapio	Center	#12	Mistissini
Silas Blackned	Right Wing	#5	Nemaska
Alexander Bullfrog	Left Wing	#68	Chisasibi
Eugene Neeposh	Center	#8	Mistissini
Derland Georgekish	Right Wing	#18	Wemindji
Dale Hughboy	Forward	#14	Wemindji
James Whiskeychan	Defense	#19	Waskaganish
Jewyll Matoush	Defense	#22	Mistissini
Travis Blacksmith	Affiliate		Mistissini

Coaches: Michael Petawabano, Paul Iserhoff, Steve Cheechoo
Paula Iserhoff - Manager and Jeff Spencer - General Manager

New Mistissini Chief John Longchap was presented with a bear pelt at his March 19 swearing-in ceremony.

CREES TO GO TO COURT OVER SKIDOO TRAILS

Cree trappers in the Chapais-Chibougamau area are facing hundreds of dollars in fines if they use snowmobile trails that cut across their traplines.

A Waswanipi trapper got a $500 fine recently while going to his trapline. If he doesn't pay, he can lose his driver's license and the fine could go up.

The trapper was traveling along a network of hundreds of kilometres of snowmobile trails in Cree traplines maintained by the Quebec Snowmobile Federation.

Crees and non-Crees alike have to join the federation to use the trails. The fee is $140 per year for those with their own insurance, and $170 for those without.

That includes one 88-kilometre trail that was built and is owned by the Mistissini First Nation. This trail, which connects Mistissini and Chibougamau, is patrolled by the Chibougamau snowmobile club.

The trail was built to promote tourism, but now it's off-limits to Crees who aren't members of the snowmobile federation.

The only exception is for tallymen with traplines near the trail. They get a special sticker giving them access. Other trappers from those same traplines or Crees out for an afternoon ride have to pay.

Mistissini tourism planner Mike Prince, who was involved in building the trail, said the band tried several years ago to figure out a way to give a pass to other trappers.

But the negotiations with the Quebec Snowmobile Federation didn't go anywhere. "No one kept up on the file," he said.

"The system is not perfect," he acknowledged. "Yeah, maybe tallymen should get five or six passes (to hand out to family members). That's where maybe things have to be looked at."

Over at the Grand Council of the Crees, officials are frustrated. They raised concerns about the trails years ago, saying the trails were being built without impact studies. Also, they were concerned that Crees would be denied access.

Bill Namagoose, executive director, said the Grand Council is set to take legal action to defend the Waswanipi trapper. "We take it very seriously. We don't want our hunting rights interfered with by snowmobile regulations," he said.

"We think the James Bay Agreement is paramount over snowmobile club regulations, especially when a trapper is going to his trapline. The agreement says we don't have to have licenses or permits."

The Grand Council is advising anyone else with a fine to call them and they'll take the case to court.

Namagoose said the Grand Council is negotiating with Transport Quebec to get an exemption from the fees for all Crees.

Meanwhile, Prince said the snowmobile federation volunteers who patrol the trails usually let "real trappers" go without a fine. "If he's not speeding or joyriding they don't really mind. The ones they are after are those with touring or racing machines," he said.

Prince said tallymen who don't have a pass or helmet should avoid the trails. "Go on the side of the trail or in the bush. You have to understand there are other people on the trails too.

by Alex Roslin

see Trails, page 9

30 times more UFOs in north

UFOs love the north. A survey has found northern Canadians have a 30 times better chance of seeing a UFO than average.

Yukon residents have a 100 times greater chance.

These are some of the conclusions of a research group that puts out an annual report on UFO sightings across Canada.

For the fifth year in a row, the survey found a higher-than-normal number of sightings in Canada's northern territories.

With only 0.1 percent of the Canadian population, Yukon last year had 10 percent of the sightings in the country — or 26 out of 263 sightings across Canada.

People in Iyiyuuschii have also told *The Nation* about lots of UFO sightings, including police in Chisasibi, a family at its camp near Lebel-sur-Quévillon, a teacher in Mistissini and an Elder in Waswanipi.

"For some reason there really are more objects in the north," said Chris Rutkowski, research coordinator of UFOlogy Research of Manitoba, the group that did the study.

"It's a bit unusual. It doesn't make sense to have that many in the north."

Rutkowski likes to call them PFTs, short for Pesky Flying Things. His group's studies have found that since 1996, the Yukon and NWT — with 98,000 people — reported 135 sightings, or 10 percent of all the sightings in Canada. That's more sightings than Quebec, which has 7 million people but only 114 sightings.

"We're not saying that aliens are invading Canada, only that people continue to report UFOs quite regularly," said the group when it released the study.

"Most UFOs have simple explanations, but the unexplained ones are still interesting, although not necessarily from Mars. Report numbers are increasing."

UFOs are changing, said Rutkowski. These days there are less flying saucers and more "round objects like balls" and triangular, delta-shaped objects.

One possible explanation is they are experimental military aircraft, like delta-shaped stealth fighters. **-A.R.**

Please report your sightings to us at* The Nation. *We are making a file...

DOROTHY LAPLANTE ALWAYS BELIEVED THAT EDUCATION OPENED DOORS

SHE WAS RIGHT

Dorothy Laplante, RN, BscN, (EC)

Last September, Dorothy Laplante, grade A student and single parent of four lively teenagers, graduated from the University of Ottawa, as a licensed Nurse Practitioner. In doing so, she gained entry into a world of opportunity and choice.

The National Aboriginal Achievement Foundation and Health Canada are working together to financially assist students like Dorothy who are working to improve health within the Aboriginal population by choosing careers in health care.

Financial assistance is available for studies starting September 2001. To be eligible, you must submit a completed application by May 1.

For an application, call us toll free at 1-800-329-9780. Ask about our health careers program and find out how you can open doors for yourself.

Health Canada / Santé Canada

THE DEADLINE IS MAY 1

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The Cree Board of Health and Social Services of James Bay

The Cree Board of Health and Social Services of James Bay is a Cree entity responsible for the administration of health and social services for all residents under its jurisdiction. This jurisdiction comprises nine Cree communities and their surrounding territories.

PUBLIC NOTICE

Please be advised that there are numerous positions for the purpose of the recall list available within your community on a continuing basis. All interested applicants are reminded that these positions are accessible at the following locations:

- local band council
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Wheezing and sneezing...

continued from page 5

asthma in one of the "sick" houses. When she moved to a new house, she only had four emergency room visits per year.

The mould is worst in basements and bathrooms, which are shared by too many people, said Dr. Harris.

Cox told us 16 people were living in her three-bedroom house for three or four years.

Other findings:

- 43 percent of houses reported problems with moulds
- 68 percent of houses report sagging ceilings, bent walls, uneven floors and other structural problems
- 58 percent had sand coming in windows from unpaved streets
- 36 percent of houses have windows that can't be opened
- 35 percent have boarded-up windows
- 53 percent don't have a working air exchanger
- 48 percent of very crowded homes reported social, alcohol and family violence problems, compared to only 20 percent of homes that were not crowded
- People in a mouldy house have twice the risk of wheezing and sore throats than people with no mould, 3 times greater risk of sinus problems and 1.9 times greater risk of developing depression.

A top Indian Affairs official downplayed the health problems, saying they may be largely the Crees' fault. "A lot of this is because of lack of awareness of house owners," said Ian Corbin, director of infrastructure and housing at Indian Affairs.

"A lot of this is the result of poor maintenance and lack of awareness of house owners of what they should do to get rid of mould," he said.

Hawkins said that's not true. He said the moisture and mould are the result of overcrowding. "Those houses were designed for an average family with four or five people, not 10, 12, 15 people."

Vir Handa, an engineering professor at the University of Waterloo who testified on behalf of the Crees, agreed.

"The amount of moisture generated is completely out of proportion to the house's ability to absorb it. The problem is not the house – it's overcrowding."

The MPs were told that the problems are only worsening as the large number of Cree youth make new families.

Isaac Mianscum, an employee at Mistissini's Meechum Store, sang a self-written song at the March 21 opening of the store's expanded new location in the Waasiyaau mall, to be fully completed later this year.

Trails...

continued from page 7

When they see people with no passes, they ask how come I have to pay for a pass and he doesn't?" he said.

Prince added, "I would be surprised (if a real trapper got a fine). What (the Waswanipi trapper) probably got was a rookie volunteer."

Mario Lebrun, president of the Chapais Snowmobile Club, said no pass means a $100 fine; no insurance means a $340 fine.

His club's area stretches out to Desmaraisville and includes trails around Ouje-Bougoumou. The fines apply in Category I and II land too, he said.

MPs blast feds...

continued from page 5

government."

Gérard Binet, another Liberal MP, promised to pressure his government for help for the Crees: "It's a crying problem."

MPs from the other parties were just as critical. The Bloc's Richard Marceau said he was "revolted" by the problem.

"It's obviously a very urgent problem," agreed NDP MP Pat Martin, saying the government can easily afford the $427 million Crees estimate is needed to fix the problem. "I don't find that a staggering amount of money given the problems in the communities and the surplus the government is showing."

Accident claims boy's life

A tragic accident on a private road off Highway 113 took the life of a 12-year-old Waswanipi on March 3.

The boy was with two other children on a sled being pulled by a snowmobile. The sled was hit by a non-Native man driving a Jeep Cherokee with a plow mounted in front.

A Cree girl on the sled was also injured, but the third child was okay.

The accident took place on a sideroad 70 kilometres southwest of Waswanipi, and 45 km east of Lebel-sur-Quévillon.

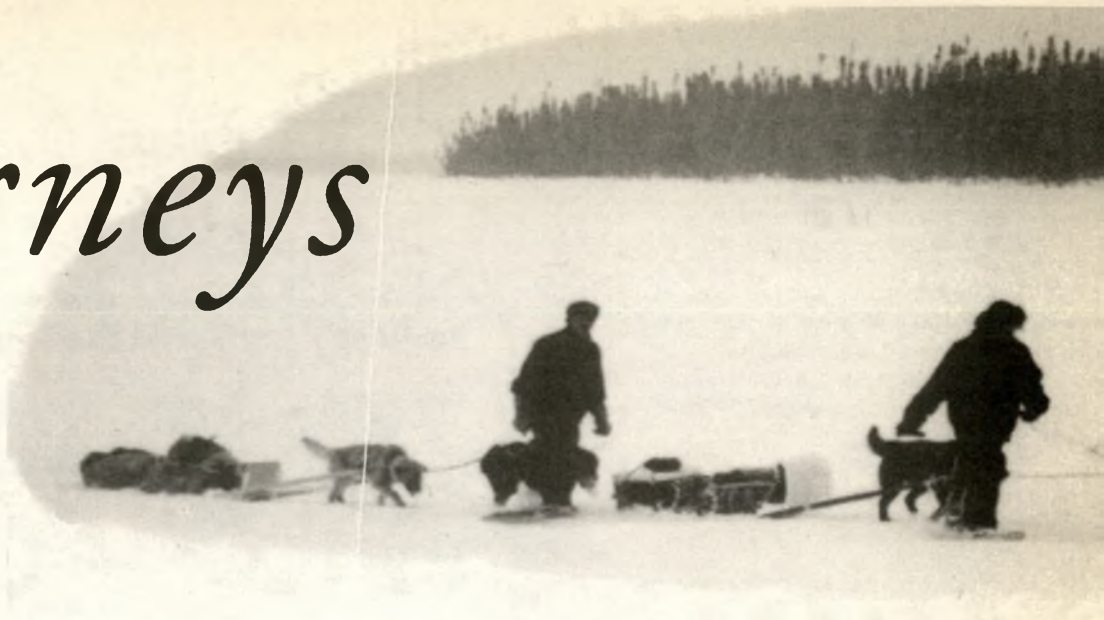
The driver was arrested by the Sûreté du Québec. The investigation is continuing and no charges have been laid yet.

And the winners are...

This year's 14 National Aboriginal Achievement Award winners include author Tomson Highway, athlete Waneek Horn-Miller and former NHL coach Ted Nolan. The awards were given out at a gala evening March 16 in Edmonton.

The other winners: doctors Freda Ahenakew and Lindsay Crowshoe, Nunavut Elder and carver Mariano Aupilardjuk, filmmakers Roman Bittman and Zacharias Kunuk, political leaders Richard Nerysoo and Dr Harold Cardinal, B.C. Métis leader Fred House, former MP Leonard Marchand, Alberta youth Lance Relland, Senator Nicholas Sibbeston, B.C. environmentalist Mary Thomas and Vancouver entrepreneur Dolly Watts.

Journeys



by Will Nicholls

For a number of years now there have been Wellness Journeys happening in Eeyou Istchee. While the Nation has been on hand to see people off or arriving, we've never been on one. This winter I decided it was time that we participated in a Wellness Journey. I wanted to find out what these trips meant because I was hearing of the changes that they made in people's lives. I never thought of myself as someone who needed healing but when it gets down to it I guess we all do in one way or another. Even a vacation can be seen as a healing journey to get you back into shape to go back to work again, but this would be something more. I telephoned Luke MacLeod in Mistissini to see if it was possible. It was and I joined 18 people for the last week of a two week walk. Some people came on the journey to see what was happening , others to get closer to each other in their relationship and yet others because it was a way for them to get active and participate more in life.

I knew I would be using shoeshoes to get around but learnt that I would have two dogs and a tobaggon to pull my equipment on the Walk.

When I saw the smiling faces of the walkers returning from Trolius little did I know that I would be pushing myself to my limits and beyond. It was a process that many of them had already been through. I hadn't realized how much Montreal had left me unprepared for this trip.

Besides snowshoeing and pushing, pulling and/or slowing down the dogs I would be gathering wood, chopping wood, getting water, gathering tree bows, feeding dogs, cooking, setting up camp, taking down camp, loading my sled, harnessing my dogs, feeding and caring my dogs, ice fishing, packing down snow with my snowshoes for the trips to the outhouse, cleaning dishes and a host of other duties that are necessary in the bush.

During the first day on the trip it became more than a story for me. It became a memory walk for my grandmother and I also carried the memories of my great-grandparents while I was out there. This was the way that Crees lived and some still do though skidoos have replaced the dogs for the most part. During the Journey I would achieve a greater understanding of how they lived and a greater respect for my Elders. Their lives were tough and they didn't have contact with the outside world through a trapper's radio and the visitors via skidoo that we did.

I remember the second day the best. It was the most challenging. We covered about 20 kilometres over two mountains and a bunch of foothills. It was through slush at times with varied weather conditions. One thing that made our life just a little more interesting was that one of the dogs was in heat causing my lead dog Segiuin to try to turn back. That dog was on a permanent caffene high. My second dog, affectionly named *Bad Knees* was coming along. I had been told she was the laziest dog on the trip but that would change before the day was over. If you threatened to hit her, she would lie down and not move but responded to talking, kindness and encouragement well.

That day seemed like it would never end but finally we hit camp. I was asked how I felt after that walk and replied that the only muscles in my body not sore were the ones I got rid of waste products with, if you get my drift.

During this day I came to realize the evilness of when the RCMP came into the communities and shot all the dogs. Without the dogs and tobaggons life would go from difficult straight into hardship. It must have been a heartbreak when it happened. I know how close we got, man and dogs. Now I understand the starvation stories more in that context.

I was beginning to understand how people's lives could be changed. I can't explain it to you if you haven't done it. The words are not enough without the experience. The best I can do is give you a glimpse into what we did and hope that you will take one of these journeys yourself. I could have stopped and given up at any time but I started the trip and was damned if I wouldn't finish it. If it had been a workout at the gym I would have stopped long ago but this was different. MacLeod told me that was one of the lessons to be learnt; that a lot of people start things in life only to give up when they got hard and those who finished a trip like this would learn that they can do anything with perseverance.

One of the things I found on the journey was a thankfullness for what I had in life. It was nice to with the group of walkers. I became close with them on the trip. It is a feeling that will never leave me. Inescapably the co-walkers are a part of who I am now and I am better for that and I thank you all for what you have shared with me on a journey of triumph and overcoming challenges.

The Journey was to follow in a traditional route of our ancestors, to value our traditions and Cree culture, maintain skills in the bush and be a journey of self-healing. It succeeded in being all those things and kudos to Mistissini for these journeys. There

were two journeys happening at the same time. One started on February 20 and the other on March 5 and both arrived in Mistissini on March 19. These journeys are needed by us all and we will be seeing more of them in the future I am sure. The welcome home by Mistissini was overwhelming. So much so that I broke down and cried on my mothers shoulder. Thanks to all for making this trip possible.

One last word to the ladies; sometimes a flash of longjohns is all a man has to joke with.

And to all, walk with the Creator.

The journal entries are from Annie Cheechoo's trip diary. Trip Tips are by everyone on the trip.

Monday March 5th 2001

We've packed all our belongings and we've loaded the items into trucks, sleds & dogs, off we go to Troilus. The community members meet us at the Youth Centre. A prayer is done for the journey walkers , our family and friends.

Everyone going is heading out to Troilus. This is our starting point. There's about 18 people. We left Mistissini around 12 noon to go to Troilus.

I'm not sure of how the others feel but I feel sad having to leave my family and friends, but I'm sure this is how the rest of us feel. I also felt excited about this adventure, wondering if I will make the whole journey.

Trip Tips: Be kind to your dogs but make sure they know who the boss is. For example let them stop to clean the ice that forms on their feet in warm weather. It can injure a dog and you don't want that. Keep an eye on them when they do it as some learn to fake it.

Annie Cheechoo- author of the daily journal

I decided to participate on this journey because I wanted to know what it was like a long time ago when my parents traveled. It was a good experience but hard. It was worth it. The other reason why I took the trip, even though it was for couples, I wanted to get away from it all and be with other people besides work. It was a lot of work being in the bush but nothing like office work. I've enjoyed everything that has happened so far. It was great.

Tuesday March 6th 2001

This is the second day and the men are going today to make the trail for us. We are heading out tomorrow.

The men returned early afternoon. They've made the trail, about 5-6 km. They'll take it easy on us (women) since for most of us it will be the first time on snowshoes actually walking quite a distance.

While the men were out, the women gathered around Sam Awashish's trailer and we were making legging straps for each of us.

The legging straps are worn around the knee to prevent leg cramps we were told.

After we've finished our little project, some of us women went out to try out our snowshoes.

Also, another couple arrive at Troilus to join our group, so that means there's 8 couples.

Today we've also repacked our belongings since we were told that we have too many things and should bring only the things that we really need. We have to leave some of our things behind.

Also today, back home, there's election for chief. We wonder who it is?

Trip Tips: Teamwork is important. Keep an eye on each other and help out as much as possible. It makes life easier for everybody all around.

Abel Neeposh

I took the trip so I can witness the traditional lifestyle of traveling and to socialize with other people. To get myself into shape at the same time so I can pick it up when the trip is over. I wanted to see the land itself, how beautiful it is so I can have it in my mind and

have a remembrance of God himself. It reminds of what He did.

Wednesday March 7th 2001

Our very first day for our journey we were up at 6:00 am, got ready, had breakfast, packed our sleds, and after we've said a prayer, we were off, and it was a beautiful day.

The first day went well except when we started, the dogs were not cooperating, some of the dogs took off, we had to catch them, and set them to the sled. After a while, they were traveling good. Not too much fuss. We've reach our camp area. The men start to set up tents. There are four tents to be set up. This is our first camp.

Not much happened today. We just walked for few hours and covered about 5-6 km. When we got to the area where we were to camp, we were relieved, although there was quite a bit of work yet to be done before you can actually sit down to relax.

There was setting of tents, fetching water, getting firewood, cooking supper, feeding the dogs and making sure that they have a comfortable place to rest too.

We also know who the new chief is. It's John Longchap. Most of us are happy for him.

Trip Tips: Lay a good layer of tree boughs for your dogs to sleep on. It prevents the cold from sapping too much of their strength as well as being more comfortable for them.

Stephanie Mianscum

I went on this trip to see the undisturbed nature. The snow, white snow and the trees in natural beauty.

Thursday March 8th 2001

Another beautiful day, sunshine, and not cold at all. The men left early this morning to make another trail. This time I think our journey will be longer.

Not all the men left. There's a couple of them at our camp. They're getting more firewood and fetching more water.

The women are preparing their supper and also preparing for the lunches for our long journey tomorrow. The men left early in the morning to make the trail and they've returned late afternoon.

Couples Group

Trip Tips: Watch out for the dog behind you. That can be taken a number of ways but seriously the wooden sled brace used to hitch up the dogs to the sled can break a leg if you're not careful.

Jimmy Gunner

This is my fourth year on the walk. I have seen a lot of life, communities. I have thought a lot of my life and my friends' lives. I am thankful to have seen lives looking for something better. I am also happy to see people walking the trail I broke and that trail making them happy. That's all I have to say. Thank and goodbye.

Friday March 9th 2001

Another beautiful day. We were up by 4:30 am and the group is ready to leave by 8:00 am. The journey took us five hours to cover 8.5 km. We've stopped for a break. We had our lunch and continued our journey.

The journey went well and I'm proud that all of

us were doing fine. Everyone is exhausted, though. We've reached our camp area, and we are camping near a creek. Our group in our tent cooked a goose (boiled goose) and it was delicious. This is our second camp, and we'll be here for one night. We go to bed early because we're going to start early tomorrow morning.

Trip Tips: On warm days you can knock the sticky snow off of your snowshoes making your life easier. Use a wooden snow shovel.

Mary Jane Petawabano

I went on the journey to find out what its like. I really enjoyed this trip and I learned a lot about our traditional ways. I made new friends and I wanted to take part in it because my brother was the leader. He's done this for several years already and I wanted to find out for myself what it was really like.

Mixed Group

Saturday March 10th 2001

Another beautiful day. The sun is shining and not too cold but the day gets warmer later during the day, at least it looks like it.

We were ready to leave by 7:30 am but because of a minor accident with one of the participants, we left around 8:00 am. The participant who was hurt limped all day, couldn't walk properly on his leg, but he had the emergency sled so he could get on now and then. In all the day's journey was long and very exhausting. We reached our camp area around 3:00 pm., set up our tents. Our little group in our tent, we had a late supper and went to bed like around 9:00 pm. Meanwhile, the rest of the group were long gone way before 9:00 pm.

During the day's walk, when I was all alone with my own thoughts, I thought about my late parents. Thinking about their way of life, how they would travel, and probably traveled long distance.

The walk was just beautiful that day, and the scenery was really wonderful.

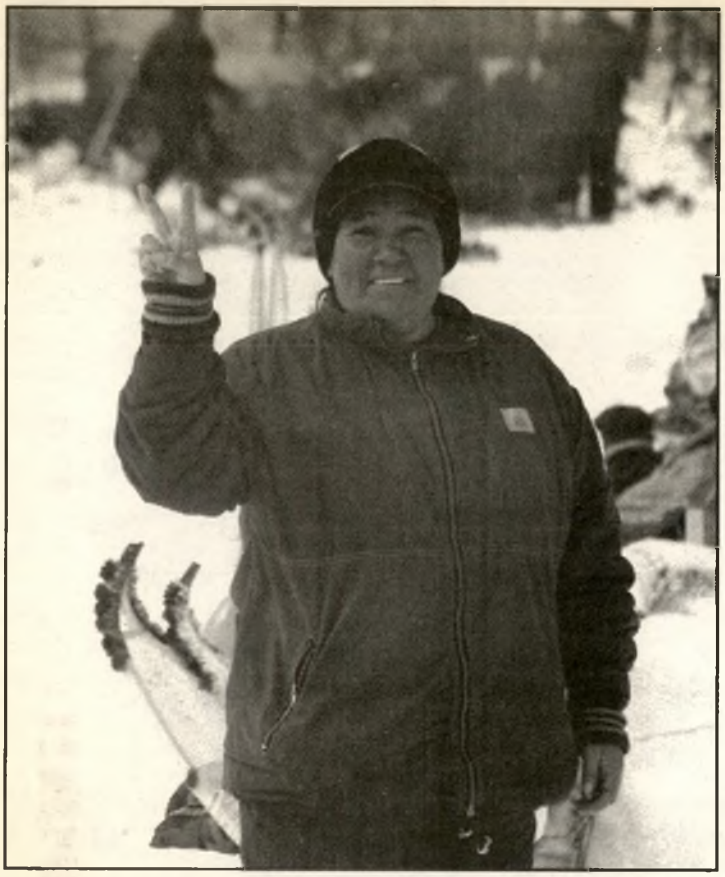
Trip Tips: When walking you sometimes get a cramp in the abdominal muscles. A traditional way of fixing up this problem is to take a spruce branch and put it under your shirt even though it's cold. The prickley needles will take away the cramp allowing you to go on. How's that for a tip!

Gordon Gunner.

I was one of the people who were on the walk between Troillus and Mistissini. When we left from Troilus I believed I would be able to reach Mistissini even though I was walking with my wife. Because I thought I would help her a lot. And I knew the dogs were strong and I thought I would have my wife get on the sled. It was very nice to be in the bush. It had been over ten years since I had been in the bush. I was happiest when I was sleeping in a tent. I thought of my kids every evening and asked God to take care of them and this made me feel better, praying. And while I'm here at Gobanjeeht, with my kids close, I can't wait to see them.

Sunday, March 11, 2001.

Today is kind of cloudy, windy, wet snow. We tried ice-fishing but it's too cold for me so I head back to our camp. A couple of guys set a beaver trap. Sunday was a rest day for all of us. We just stayed put in our tents, just relaxing.



I spoke to my husband and daughter, Neanne who both wished me a happy birthday. Tomorrow is my birthday. Also today is my grandson's birthday, my grandson, Etienne!

Tomorrow, about three people are going home by airplane but they'll be back to finish the journey with us.

Trip Tips: When making a fire outside first build a platform using thick pices of wood. Make it two pieces high and about four or so across. Build your fire on top of that. It will prevent the fire from sinking in the snow so fast. This will keep the heat accessable to all for cooking and warming up.

Demerise Iseroff

The reason I'm doing this trip is because I wanted to help my self and I know it's helped me. I felt a difference in my life.

Monday, March 12th

Today is my birthday and it is another beautiful day. We are continuing our journey, and we finally reached a goose camp. We left around 8:00 am and arrived here at the goose camp around 4:00 pm. Philip and Paul Petawabano arrived by airplane to pick up three of our people. We made a camp fire there and we had a rest for about 1 ° hours. Today was a very hard day for me. I tried to get two dog-sled teams going but I had some help from one of the people. We have reached Allen Edward's goose camp. Everyone is doing well so far especially Demerise and Kathleen. We are staying at a cabin and our group is having a spaghetti supper. We made a big pot of spaghetti and it was so good. I thank the Lord for keeping us safe and thank Him for all the blessings.

Trip Tip: On the snowshoe binding where your feet stand on put some binding over them. This will prevent wear and tear on them when traveling.

Morley Brien

I was very happy to be walking. I was happy that God helped me during the walk, and brought me back to Mistissini. I was happy to get help while on the walk. The dogs worked very well and they didn't tire me. I'm happy to be getting back to Mistissini. I will make my friends in Mistissini happy.

Tuesday, March 13th

We traveled for about 5 hours to reach our next camping area. It was kind of windy. We walked on the lakes on most of today's journey. Paul came in by skidoo along with two other guys. This time, we have a new person joining us in our journey and his name is Will Nicholls. He would be with us until we finish our journey, until we arrive in Mistissini. I think he is here to do a story as well.

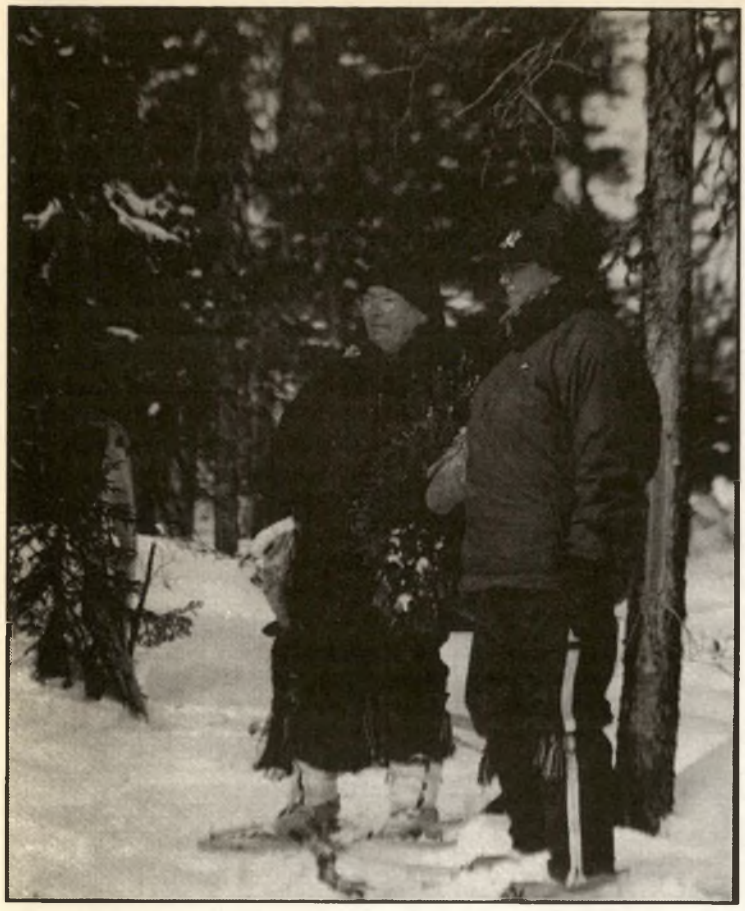
We finally reach another goose camp and this one is George Petawabano's camp. There are three tent frames, and our little group is staying at a smaller tent frame since there is only three of us. Our other couple was flown home yesterday but they said they would be back to finish the journey with us. So the boss decided to stay another day at this camp because one of us had swollen feet, and another one had blisters on the feet, and the other one was overtired so the boss gave us another day to rest.

Meanwhile everything is going well and everyone is doing fine.

Trip Tips: When you get a blister and it hasn't popped you take a piece of wood and put on the stove. When it gets really hot (almost black but not charring) you press it against the blister (not enough to pop it but firmly). This will take the blister down. A good nights sleep and the skin should be better.

Edith Gunner

The reason I wanted to be on the walk was because I wanted to



know what people did in the bush. I wanted to learn and I wanted to get to know other people and make new friends. I can say it wasn't too hard because there was already a trail. That probably why I thought it wasn't too difficult

Wednesday, March 14th

Today is Wednesday, our resting day. Stephanie and I are doing our laundry. The men went out ice-fishing and Stanley caught two pikes which we had for our supper. It was so delicious. I never actually had fish in the winter. This is the first time I had it. It tasted so good. We spend the day just relaxing. It was not cold at all. That evening we had a prayer meeting. After this meeting, we went back to our tents and packed a few things, getting ready for tomorrow's journey.

Trip Tips: The new pop cans are great. Take the tab off of them and you can jam in a normal size candle.

Gordon Petawabano

I am from Mistissini Lake Reserve. My friend here, Will, we call him Iron Will. He surprised me the way he went the first day. He was way in the front with the pack. I thought he was going to be way in the back but he was in the front. One of the main things I enjoy about these trips is to experience the survival skills of our ancestors in the bush and the medicine they make through the trees and plants. Our group leader Jimmy taught us about it.

Mentally this journey put your mind to rest because we only had to think one day at a time as we traveled. Not a whole bunch of things. Your mind has a good rest while in the bush.

Thursday, March 15th

Today is Thursday and it is wet snow and also it is Stanley's birthday. So we were up very early (4:45 am) and getting ready to leave by 7:00 am. We walked about three hours before we stopped for our lunch break. We lost our trail for a while because it snowed and we could not see the trail but we managed to find it. We reached our next camp around 4:00 pm but this time we had to set up our tents. It would usually take about three hours to completely set up the tent, that is, getting firewood, fetching water, and taking care of the dogs, feeding them, etc. It was a tough day because of the wet snow. The dogs were not traveling too good and the sleds got stuck in the snow and it was rather a long day for us. This is the last time we are actually setting up our own tents, after this, we will be reaching goose camps along the way. We are about 10 km to Mistissini Lake and we are getting closer to home.

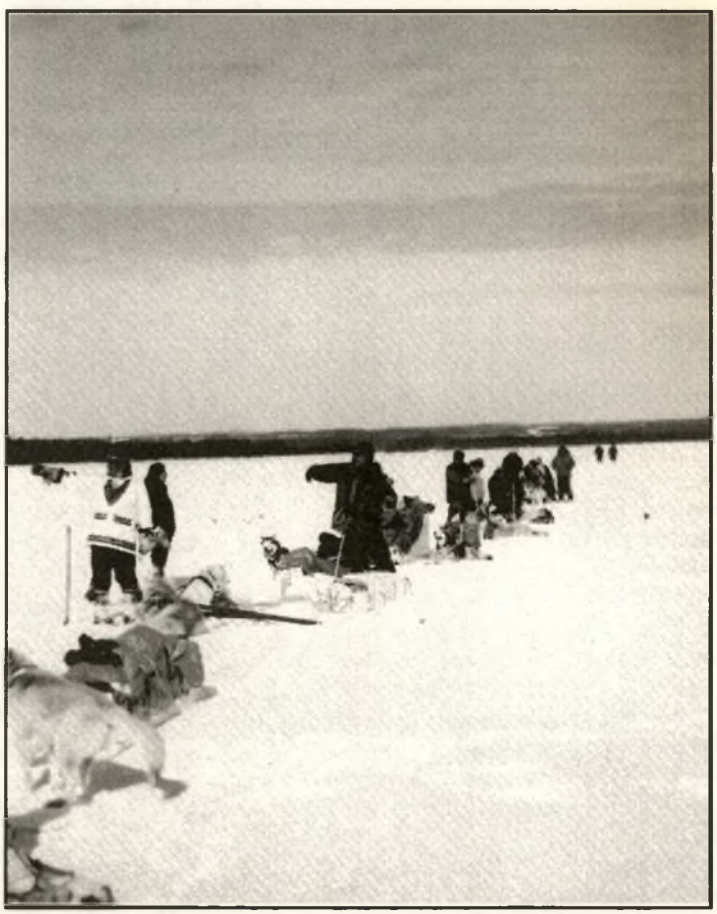
Trip Tips: After using your snowshoes to push down the snow for your tent, take them off and use your mocassined feet to pack it down more. The put on your snowshoes and walk around again to create a even surface that will keep out the cold air. You need all the warmth you can get.

Elizabeth Brien

I'm very happy I went on the walk because it really helped me. I thought of my kids sometimes but I trusted God to look after them. When I saw Mistissini Lake I cried. I remember the bush and I wanted to go back because it was so clean. There was nothing to make you worry. That's all for now, watchia.

Friday, March 16th

We left our camp around 8:30 am and arrived at the next goose camp which was the late Francois Mianscum's camp. We must have traveled about 12 km today and now we have reached Mistissini Lake. You could see the tower from this point and it



looks like a pencil line. My first thought when I saw the lake was my own family. I was homesick for them and anxious to see them, especially my little girl who I knew missed me so much. I was very happy to see the lake and at night, we could see the glow of Mistissini and I knew we were closer to home and I thanked the Lord for this.

Trip Tips: Don't let your dogsled ride over dogcrap. It makes it harder for the dogs to pull as well as being unsanitary. Also watch out for dog crap or piss on the trail, it's bad for the mocassins.

Stanley Mianscum

The reason why I took this trip is that I have seen them before. When I seen the guys leave I always felt something in me and especially when they came back. They always looked and felt better when they came back. For me I took three months off work and I went into the bush. When I came back I felt better about myself. Not like being in the reserve. It's different. So that's what I wanted to feel again. It's been three years since I took that time off and I went back to feeling and being lazy. I wouldn't be able to do things without breathing heavy when I would chop wood or go for a walk. My wife would ask me to go for a walk and I would say no. So I thought about this trip here and the first day was really really tough. Before they told me I would have to get ready but I was lazy. When I was on the trip I work around the camp getting it ready and it was tough but after three or four days it was like a normal routine. You weren't tired at the end of the day and you felt much better. For me the trip for two weeks was kind off short. I would like to have been on it longer now that I have experienced it. With the dogs I never really cared much for the dogs before, now I know they they can do and I have more respect for them.

Saturday, March 17th

Today is Saturday and it looks like it is going to be a beautiful day. We will be crossing the big lake, now and it is about 10km. We were told that we would be camping across the lake for two nights (Saturday and Sunday). At this camp, we are meeting the other group (Abel Jolly's group). They left about one month ago. We are meeting them on Sunday. They would camp with us for one night, and together we would all travel home to Mistissini. Our journey today seemed forever to reached to our next camp. But is was a beautiful day. The sun was shining and it was getting warmer. We stopped a few times on the lake for rest periods. It took us four hours to reach our next camp and this is our last camp before we reach home.

At night, the glow of Mistissini looks like it is just behind the trees across the river but it is quite a ways yet. In today's journey as we were crossing the lake, my thoughts go back to the first day when we were to leave. First of all, I was already homesick even before I left for this journey. When the group had a meeting, I noticed that all of them had a partner and I was alone. I was actually already homesick at this meeting and wanted to back out but I did not let my husband know what I was feeling and I knew that it was something that I wanted to do. I thought about last year's journey and how I wanted to participate but I was not ready for it so I did not go. I thought about my feelings about the day when the participants arrived. I envied them so much and knew that I should have gone on the journey.

That is why I would not change my mind on this journey. I wanted to go even though I was already homesick for my family and I knew I would be very proud of myself. This year would

give me another opportunity to participate and so I went on this journey. The couples group I was with were all very helpful and cooperative and we were a family. They were like my own brothers and sisters. This journey is an adventure that I will remember for a long time.

Trip Tips: Make sure your socks are snug and without wrinkles before putting your mocassins on. Check the inside and duffels for twigs or such also as all can lead to a painful blister.

George Iserhoff.

I'm happy to be doing this, traveling over the land like my father used to do. When I left from Sam Awashish's camp near the mountain. When I climbed the mountain, I was very happy, something touched me. I love it very much.

Sunday, March 18th

We have reached another goose camp (Joseph Iserhoff's camp). We would be staying here for two nights. Abel Jolly's group is arriving here tomorrow. Today is our resting day, too and we are having our Sunday prayer meeting. On this prayer meeting, we are asked if any of us wanted to say something about our journey and few of us did. Some of us had some visitors from home and they came in by ski-doo. We had many visitors that day. It was so good to see family members and friends. Our group was anxiously waiting for the arrival of Abel's group. Finally, at around 4:00 pm we would see them from a distance. They arrive at our camp by 5:00pm and everyone appears to look well.

Trip Tips: Make sure you don't place the lacing too tight on your snowshoes, moccasin or leg bindings.

Marcel Gunner

I came on this journey because I am part of it. My mother is a diabetic and I want to be here at times. That's it, that's all, man.

Monday, March 19th

Today is very special for all of us. Today is the day we reach

home. We have been waiting for this day. We were all anxious to get going that day. We were up by 4:30 am, grabbed whatever you could for breakfast. We were all very crowded in our tents. We had only four tents and that was about 42 people all together. So we were all moving around, packing our things and loading our sleds and getting the dogs. People were moving in all directions. Finally, we were ready to leave that morning at around 8:00 am. Before we left, we did our prayer like we always did before we set our journey. The whole group was moving very nicely and the dogs were cooperative. The pace was moving good. I guess everyone was anxious to get home. We arrived in Mistissini around 11:30 am. It felt so good to see Mistissini and to see families and friends. Everyone was glad for us as well and we had a very nice welcoming crowd.

Our journey was successful. It was worth it although sometimes it was hard. I remember thinking about my late parents and thinking about their way of life and what it was like for them when they would travel. I cried thinking about them and was glad to have experienced part of their lives.

At this journey, I truly enjoyed it and was glad that I participated. I felt blessed that I made new friends, too. I thank the Lord for all these blessings that He had given to each one of us.

Trip Tips: Take this walk and you'll lose weight guaranteed.

News Release

Cree Housing Crisis leads to Health Crisis

Crees tell Standing Committee on Aboriginal Affairs

On March 27th Grand Chief Dr. Ted Moses and Chief Violet Pachanos Appeared before the Standing Committee on Aboriginal Affairs with the Chiefs of the Other Cree Communities as Witnesses. Here is part of what they said:

"The truth is that the Agreement calls on the Government to address the development needs of the Cree communities in a manner that is based on cooperation with the Cree Regional Authority. The Government itself has initiated and recommended special programs to address these needs in the past. However, when the housing agreement under which we built 500 houses and sewer and water systems expired in 1984, Canada refused to negotiate its renewal.

Largely as a result of this we have a much larger problem to address today. The Cree communities now lack about 1500 housing units and another 800 will be needed over the next 5 years. While we have relatively modern housing, overcrowding is taking its toll on the existing housing stock. Of the present 2,400 houses, 839 will have to be renovated and 250 replaced due to their state of deterioration and as a result of toxic moulds that pose a health hazard in these units...

If we are to resolve this situation we must come up with appropriate housing programs that increase private home ownership, maximize the value added employment benefits to the communities and take care of the needs of those with lower incomes. Part of the solution must be to increase Cree employment."

– Grand Chief Moses

"Dr. John O'Neill, Professor and Director of the Department of Community Health Sciences, Faculty of Medicine, University of Manitoba, analysed the data of the Chisasibi Housing and Health survey. He concluded, "This study has demonstrated that the health effects of inadequate housing in Chisasibi are in need of urgent attention."

At the present time, the number we have for new housing needs is 586 units, which means that we need to urgently provide new units to alleviate overcrowding and to replace the "sick houses"...

After all is said, Chisasibi, along with the other Cree communities, is in the middle of a crisis situation in housing. We are here today to ask the government to act on its promises so we can contribute to society in a fair and equitable manner. We hope that the future generations will not have to go through the same situation and can look to the future with hope for a better life."

–Chief Pachanos

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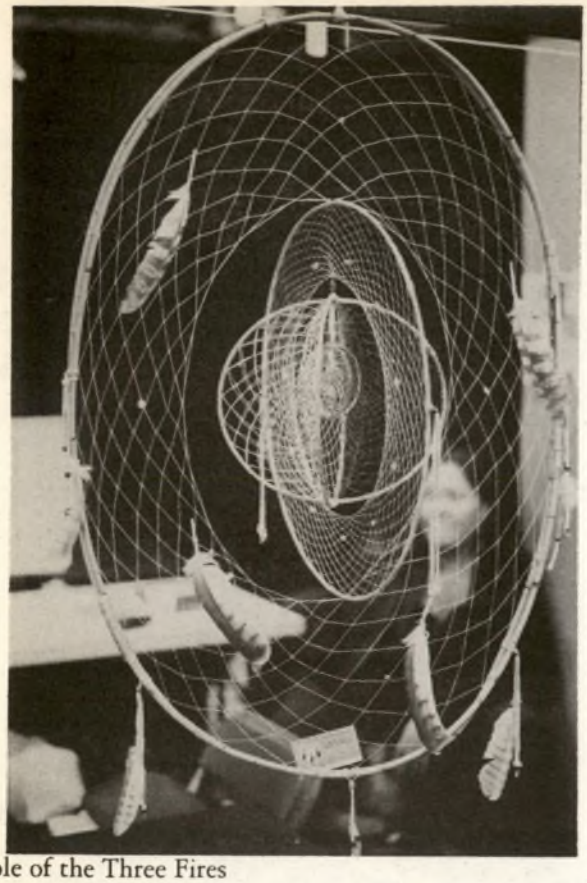

People of the Three Fires

The National Great Outdoor Show 2001

BY BRIAN ZELNICKER

The first thing you notice about the Great Outdoor Show is that it is held indoors. Once you get your head around that small detail you are free to delve into an exhibition that boasts some 600 exhibitors all eager to show you their wares. A small but vital team from The Nation, three of us to be exact, made our way to the Olympic Stadium to take in the show and pretend like spring came early.

The first booth we hit on our way in consisted of three guys playing banjo music in an effort to sell Billy Bob Teeth (fake teeth that are intended make you look like your father married his sister). We passed on the hillbilly mouth ornaments and headed straight to the Native section.

Though the show seemed fairly busy to me, it was my first time attending and I was informed by a number of participants that attendance was down. I was also told that participation had dropped by as many as 1200 vendors from previous years. Reasons for the drop in attendance and participation ranged from the bad weather Montreal was experiencing at the time, to continued disappointment on the part of exhibitors who would prefer to see the show staged inside the main stadium rather than in the Olympic pool building and stadium corridors.

One exhibit that caught our attention featured detailed carvings by Native artist Christophe Fontaine. The 33 year-old carver from Sept-Iles (Uashat) began honing his craft at the age of 12. Christophe's inspiration came from his dad, who was a caribou hunter, and his grandfather who made hunting tools and snowshoes. Fontaine's preferred material is moose horn, but he also works with bone and caribou horns. The artist, who said he finds love in his work, acknowledged how much hard work it took to develop his technique over the years.

Size might not be everything, but "Bear" Robie Nicholls laid claim to having the largest dream catcher at the show. "It took me 41 days to make it," said the Mistissini artist who was exhibiting for a second year at the show. Bear, who is hoping to get a commission from the city of Montreal to build a three-storey dream catcher out of steel, was also showing the works of Glenna

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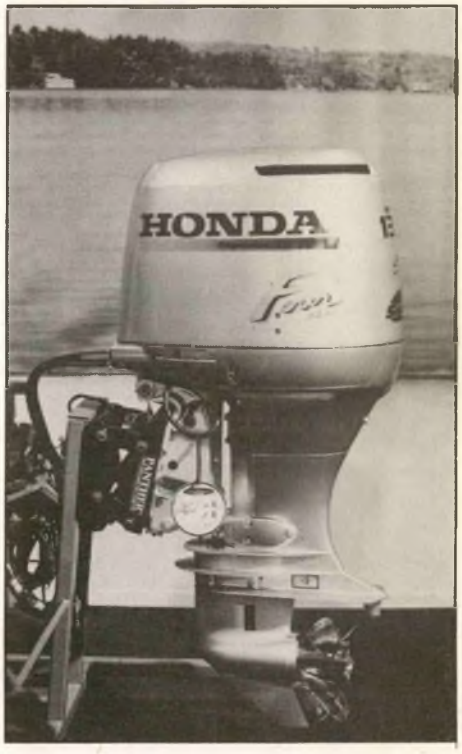
Matoush, an outstanding artist who also hails from Mistissini.

The community of Ouje-Bougoumou was well represented at a booth that had reams of information on local eco-tourism. According to Robin Mianscum, wilderness tours have been growing in popularity. Busloads of students and elders from Quebec have been making the journey to Ouje-Bougoumou for excursions into the woods. Nuuhchimi Wiinuu Cree Cultural Tours, operated by David and Anna Bosum, has also been attracting tourists from France and Germany who jump at the opportunity to enjoy the wilderness and learn about Native culture.

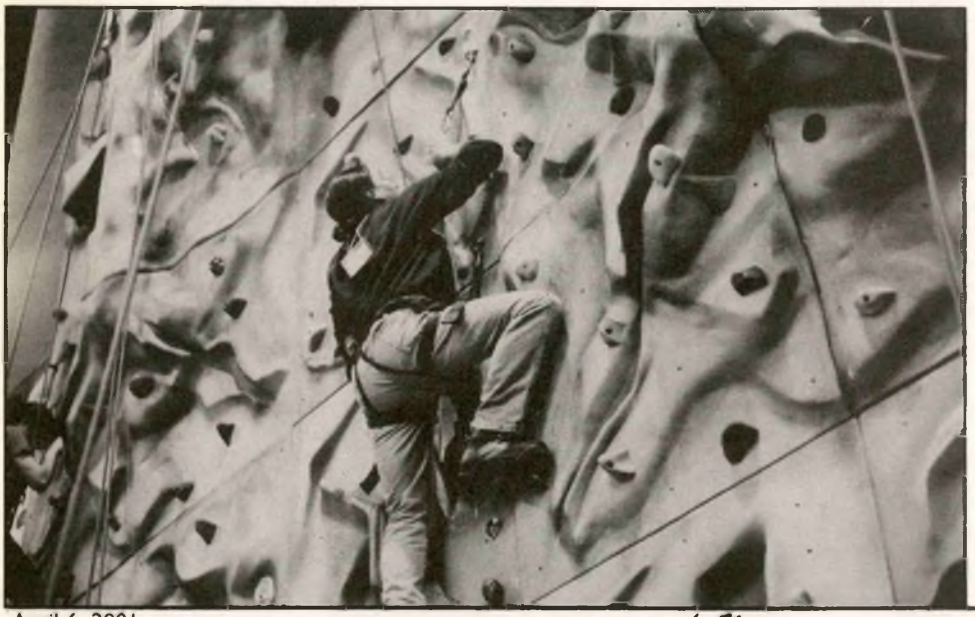
As we moved through the stalls we saw demonstrations on how to craft everything from lacrosse sticks to canoes. The artisans were out in full force and the leather was everywhere.

Gradually we made our way past the indoor tipis and moved through the bowels of the Olympic stadium toward the rest of the great outdoor show. Here it got a little less mellow, if you know what I mean. A funny thing about sales people is that the smaller the product is - the harder they have to sell it. Suddenly, we were accosted by a gang of . . . wait for it . . . shoe polishers! One member of our intrepid party siezed the chance for a free shine and had his foot in there faster than you can say Doctor Marten. I thought shoe polish was a bit unusual for an outdoor show, but I guess you wear shoes outside so there must be some logic to it. But where do pots and pans, eyeglass cleaners, long-distance phone plans and credit cards figure in the great outdoors?

Speaking of the great outdoors, the place was stocked with enough goodies to equip a decent militia force. There were 4x4s and SUVs, there were safety vests and flashy crests, not too mention rods, reels, lures, nets, tents, coolers, boots, and shoes (they'll need some shining I guess) and guns galore. Did I mention the big motorcycles and the very small motorcycles? I'm sure I saw an outboard engine



the size of Texas. I was suitably impressed by a fishing boat that folds in half and can be easily placed in the back of a pick-up truck. Aside from a dizzying array of products, the show featured a BMX bike demonstration ramp, a kayaking pool, and an indoor climbing wall that was successfully attacked and conquered by two Nation employees. A couple of hours spent moving through a maze can make one feel somewhat rat-like, so the time had come to say farewell. The journey to the exit was highlighted by a stop at the beef jerky booth where we loaded up on edible souvenirs for the metro ride home.



Board of Directors Call for Nominations

Our mission is to encourage and support Aboriginal people in building and reinforcing sustainable healing processes that address the legacy of physical and sexual abuse in the residential school system, including intergenerational impacts.

*To learn more about the **Aboriginal Healing Foundation**, please visit the Foundation website at http://www.ahf.ca, or phone toll-free 1-888-725-8886 (in Ottawa 237-4441).*

To nominate an individual please send a resume to:
Higgins International
51 Falconer Bay
Winnipeg, Manitoba
R2M 4R6
Phone: (204) 257-9929
Fax: (204) 257-9707
bhiggins@higginsinc.com

Nominated individuals must send a letter of acknowledgement confirming their interest in standing for nomination and confirming that they do not hold public office or represent an Aboriginal political organization. The Aboriginal Healing Foundation is now accepting nominations for its Board of Directors.
Director positions will be vacant as of July 6, 2001.
Deadline is June 1, 2001. Anyone may nominate a Director.

Directors are chosen through broad-based canvassing of eligible and interested Aboriginal candidates from among representative groups, residential school survivors, organizations, and communities. Directors establish overall policies and direction for the Foundation's programs and serve for a two-year term. Meetings are held approximately 4 times per year and last two to three days.

Please note that, in accordance with Foundation By-law No. 1, the following persons are disqualified from being Directors of the Aboriginal Healing Foundation:

- persons less than 18 years of age
- persons who, pursuant to an order, are declared to be mentally incompetent or incapable of managing their affairs
- persons against whom receiving orders have been made or who have made an assignment under the Bankruptcy and Insolvency Act, and are undischarged from such bankruptcy
- persons who hold political office in any government or representative Aboriginal political organization
- persons who are not residents of Canada

LES MINES
INMET
The Toilus Division

Posting # 126
ACCOUNTING SUPERVISOR (Permanent)

The Toilus Division is presently searching an ACCOUNTING SUPERVISOR (Accounting) to join their young and dynamic management team. The Troilus Division is a gold and copper open pit mine with a mill capacity that has been upgraded to 15,000 tpd. The mine site is located at 175 km north of Chibougamau by way of the "Route du Nord". The selected candidate will work on a 4/3 schedule (4 days of work, 3 days off) and will be lodged at the site's first quality camp.

Required qualifications:

Have completed a university diploma in administration, option finance or accounting, or the equivalent. Be member of an accounting association (CA, CGA, CMA) or possess more than 10 years of pertinent experience in the mining industry. Possess more than 5 years of pertinent experience in accounting. Have good knowledge in personnel management is a major asset. Possess excellent skills in communication and interpersonal relations. Have a goof knowledge of French and English. Have a good knowledge of Excel software.

Main responsibilities:

- Prepare monthly and yearly closure entries; analyze control and regularization accounts;
- Insure the management of the financial information sent to the administrators and to head office;
- Manage inventory consignment accounts, accounts payable and receivable;
- Prepare auditors and fiscal worksheets;
- Supervise three employees of the department;
- Insure internal control and participate to different committees;
- Perform other related duties.

Particularities and remuneration

Inmet Mining Corporation offers a competitive salary. The position is addressed to men and women. Inmet Mining Corporation encourages the hiring of Crees and thanks all applicants of their interest, but advises only those selected for an interview will be contacted.

Those interested are to send their Curriculum vitae, not later than April 26th 2001 to:

Human Resources Department
Inmet Mining Corporation
Troilus Division
P.O. Box 8700
Chibougamau (Quebec)
G8P 3A9
Fax: (514) 521-8376 / (418) 748-3033

GOOSE FEVER

BY XAVIER KATAQUAPIT

The coming of spring breathes new life into the frozen James Bay coast. Winters are long and hard for my people, the James Bay Crees. After months of up to minus-40 and even 50 below zero, everyone welcomes the change in the season with longer days, with more light and the warmth of a more friendly sun. Everyone begins to prepare for the spring goose hunt.

This is a very big part of our tradition and culture. So much of who we are revolves around the goose. We owe our survival to the fat Niska (Canada Goose) and its cousin the WayWay (Snow Goose). These birds have provided food for my people for hundreds of years. Although most people these days are not living off the land full-time as they were 50 years ago, the goose hunt is still very much a part of our way of life. The spring goose hunt is the biggest one of the year, and it usually begins in April with the return of the Niska. The Niska is the first to come, and then a little later the WayWay arrive. There is also a major hunt in the fall.

There is nothing as wonderful to me as the sound of hundreds of Niskak honking wildly as they fly in 'V' formations over my head. That sound is a part of who I am and who my people are. We were never an agricultural-based people. We were hunters and gatherers. We had to move over the land to search for food and sustain ourselves. Although there are other animals we hunt, the Niska is by far the main ingredient in our diet. This is true even today for many people.

To prepare for the goose hunt, people turn their attention to getting their snowmobiles in good shape for the demands they will have to meet. Many people will head out to their hunting camps over the snow and frozen James Bay. They will prepare the camps and stock them with supplies.

It takes a lot of skill and experience to participate in the goose hunt. Only the very best hunters know how to travel over the treacherous melting ice of the great James Bay. When they leave, the snow and ice may be hard and solid but when it is time to return they will be riding their snowmobiles over slush and at times the trails won't be marked. The skilled hunter has knowledge of the land and knows where the dangerous spots are. Often the hunters will travel in groups so that if one person gets into trouble others can help.

In the old days the hunters would have dragged their boats out over the snow and ice and then after the spring thaw and the goose hunt was finished they would head back to their homes by boat. Some still keep this tradition up, but most people just don't have the time so they ride their snowmobiles back before the ice and snow melt completely.

People are very helpful to each other during the hunt. I can remember travelling with my family out to one of our camps on the Opinagau River. We started late and got caught in the dark. My dad remembered where his nephew Henry's camp was on the way so we dropped in for the night. It was good to find enough room in his large prospector tent. There was a fire on and after having some tea and supper we bedded down for the night.

Most people stay out on the land for the goose hunt for about two weeks. In the old days when my people were nomadic hunters and we didn't live in a community, people would stay a couple of months or more at their goose hunt camps.

One thing for sure — when somebody reports seeing or hearing the first flock of Niska there will be a lot of happy people up the James Bay coast. Some Niska will be cooked out on the land but most will be brought back to the community and stored in freezers for later. In the old days all the Niska were smoked to preserve them but now this is done mainly because smoked goose is considered a delicacy. So I say good luck to all the hunters on the James Bay coast this year and I hope they will all return safe to their families. •

CLASSIFIEDS

BIRTHDAYS

We parents of Douglas Jonah would like to wish him a happy 10th birthday. Wishing you a beautiful birthday and wanting you to know you're treasured more every year because you're such a wonderful son. Happy Birthday. With love, Mom & Dad (Frederick & Valerie) Waskaganish.

On March 24 our brother Douglas will be celebrating his 10th birthday. We want to wihs him love and happiness on his special day. Love always, your sisters, Christina, Krista, Savannah and your baby sister Camelia XOXO (P.S. Douglas, if we had a million dollars we would buy you everything you wished for or maybe take you for a vacation.) Camelia Happy birthday to my best friend, Margaret Jonah, on March 23. May your birthday bring you joy and happiness as you celebrate another birthday. From friend always (Mrs. Jones) & forever.

To my sister & friend Brenda Rose W, happy birthday! Just to let you know, I feel blessed to have a sister and friend like you. You've always been there for me, for that I am so thankful! Best wishes to you on your special day (March 23)...love always your not so little sister Celina...P.S. take a break on your day...relax!

I would like to wish my daddy a happy birthday on april 3 rd. May you have a blessed birthday. And many more to come I love you so much. Thank you for your unconditionnal love.From your beautiful precious baby. Jade Angel Karen Jackson House XOXOXOXOXOXO

Wishing Melanie Blueboy a happy birthday on April 1st. Although I won't be there to celebrate with you, I hope your birthday is out of this world! love your cuz in N.B.

I would like to wish my nephew Leon Titus Lee Whiskeychan a happy 1st birthday on January 30, 2001. I hope you had a wonderful day. Sorry I couldn't be there. I love you and miss you so much. From your aunt in North Bay.

I would to wish a happy 1st birthday to my adorable nephew Leon Titus Lee Whiskeychan on January 30, 2001. I hope you have a wonderful day. I wish I could be there to see you blow out your first candle even if you don't know how. I love you and miss you so much! From your aunt in North Bay.

I would like to wish a Happy Birthday to my friends Jennifer Labbe on February 20th and Lillian Martinhunter on February 24th 2001.Happy Birthday Girls. Friends always, Lucy Snowboy.

Happy Birthday to Jenny Pooh on February 20th 2001. From Marcia Snowboy.

We would like to wish up coming birthday to our daughter and sister also, her name is Eternity Joy Gull. She will turn 5 years old on April 4th 2001. By the way it's a blessing to have a daughter and sister like you. Once again have a Happy Birthday and many more to come. Love always, your parents Jimmie F. & Diana, sister Hayley, bro's Jordan & Robin. P.S.: We love you very much. God bless you girl.

We want to wish our beautiful girls a Happy Birthday! Joy Shecadia Blacksmith on April 5th. I can hardly believe you're 18 years old already. You've always been the joy of our lives and I wouldn't trade you for a dozen girls. To our twin girls Anette & Theresa S.B. 29 years ago you we're just babies and now you have your own little families. Take care of your children and the little one that's coming up. And last but not least, Claudette S.B. on April 10th. You've always been a part of our family and were like a sister to the girls. It has been fun watching you girls grow into young mature women. We love you all very much and don't ever forget that. From Mary & John Shecapio Blacksmith.

We parents of Douglas Jonah would like to wish him a happy 10th birthday. Wishing you a beautiful birthday and wanting you to know you're treasured more every year because It is my joyful duty to wish a happy birthday to my precious, sweet angel, Ruth Esther Jolly, on March 15th 2001.You are intelligent, warm and caring, vibrant, positive and humorous, bright, funny, mature, loyal, fun-loving, generous, breathless, honest, unique, romantic and emphatic. Your're like a beautiful flower blooming in the wilderness, blown gently by the summer breeze. You're soft and gentle as a day-old chick. Yours eyes glitter, like sparkles in the ocean. Your voice sounds like the song of a robin. Nobody can replace you in my life you sweet angel you. Love, R. Sheshamush

Birthday Greetings going out to Jennica Blackned on March 12, 2001. Happy 10th birthday and many more to come. Hope you had fun on your special day. Happy Birthday and we love you! Love from your Grandparents Gordon & Sarah and Stephan, Sylvia & Shaylynn.

Happy 50th Birthday going out to our special, loving, caring Grandpa Gordon Blackned on the 22nd of march 2001. Happy Birthday and we love you! From your Grand-Children Leona, Jennica, Brendan, Jermaine, Mary-Lynn, Shaylynn and Arielle.

Happy Belated Birthday Steve Snowboy-Shecapio, on march 3rd 2001. I know this is kind of late, you know me that I am always busy taking care of you all. I took the time to write down a few words for your birthday. Just to tell you how much I love you and I am very proud to say that you are my son. I will try my best to support you in every way I can, no matter what. The most important thing of all is school. I am always telling you to stay in school because I know this is the best thing for you. Whenever you need someone to talk to, give me a buzz, I'm here. Happy Birthday Steve and I love you with all my heart. Love Mom. Diane Snowboy-Shecapio. P.S.: Stop asking for money all the time.

WE'D LIKE TO WISH OUR DAD CLINT ST-GELAIS ON HIS 24TH BIRTHDAY ON FEBRUARY 23, 2001 WE LOVE YOU AND HAVE A GREAT DAY!!. WITH LOVE: ALLISSON, JANE AND TO CLINT ST-GELAIS WISHING YOU JOY HAPPINESS ON THIS DAY AS YOU CELEBRATED YOUR BIRTHDAY ON FEBRUARY 23,2001 ENJOY EVERY MOMENT OF IT

CLASSIFIEDS

AND MANY MORE TO CELEBRATE. WITH LOVE YOUR GIRLFRIEND MINNIE CAPISSISIT

Happy Birthday to my favorite big guy, My POPPA aka my gramps. My poppa Albert celebrated his 56th birthday on September 6th, 2000. Hope you enjoyed your day. Love you a whole bunch, Mercedes Kitchicappo-Camillo

Belated Birthday wishes to my "DADDY" who celebrated his big day on September 6th. Although I'm out on my own and old enough to know better, you will always be my Daddy, and most definitely you will continue to be my personal banker.....haha. Anyway hope you had a great day. Love you always, your baby girl, Kelley and Blaine.

We would like to say Happy Belated Birthday to Conrad on September 14, 2000.

We love you so much. Love From Jessie and your daughter Billie Jean.

We like to say Happy 8th Birthday to a very special boy Preston House on September 23, 2000. Thank You for inviting us to the party, Love Always your Cousin Billie Jean and your Aunt Jessie.

WE WOULD LOVE TO WISH A BIRTHDAY TO DELORES GULL ON OCT.12 AND ERIC BOWEN ON OCT.4 AND DIANE COOPER KITCHEN ON OCT.5 MAY YOU A GREAT BIRTHDAY MANY MORE TO COME..DONT GET TO WASTED.YOUR FRIEND AND COUSIN AND MOM WHO LOVES YOU VERY MUCH MY SON xxxxx JANE SHARLENE

Happy belated birthday (Oct. 4) to our auntie in Hull, Lisa Bobbish. Love from Elizabeth, Misty and Preston.

Also, wishing a Happy Birthday to Rachel and Daisy Bobbish on October 23.

Happy first Birthday to my nephew Dagoden Blacksmith, on November 1,2000. I'll alway`s remember the day you were born cause i was their. Hope you`ll enjoy your first cake.Eat as much as you can. Love; your aunty Caroline and your cousin Skyler.i would like to say happy 14th brithdayto my best friend stacet-ann tanoushon oct 10. i hope you have a greattime on your brithday and more tocome.from:your best friend shirley cheezo (nemaska)

I would like to say happy belated birthday to Cheryl Jolly on oct.2 and hope you have alot of fun with your friend's.from your buddy in nemaska!!!KIRK BRIAN

Anniversaries

Happy 10th Wedding Anniversary going out to Brenda and Gordon R. Blackned on March 15th 2001. Wishing you both a Happy Anniversary and a lifetime of happiness. Love from Gordon, Sarah, Stephan, Sylvia & Shaylynn.

Happy 10th Anniversary to our parents Jimmie F. & Diana Gull on April 13th 2001. By the way we thank God for your kindness to us and we love you very much. Once again Happy 10th Anniversary. Love always, Jordan, Hayley, Eternity Joy, Robin.

105- Obituaries

It's gonna be now two years that you've passed away me dear friend on april 28 1999. I wanna thank you for being my friend. I am so grateful for all the memories we've shared together. People might not understand what really happened. But what really counts is, only us knows. I know you have forgave me and I'm doing a lot of work on myself. It was so hard for me to let you go. But I had to let you go through your journey. But I know we will always remain best friends forever. I thank you for watching over us. Your presence is misses within us. But when our time comes, we will see each other in the other world. We love you. You will forever remain in our hearts.

From: the J. Family XXXXXHappy anniversary to my parents ,John and Mary Blacksmith, on Oct.10.2000. May you enjoy your day.Thinking of you's.Thank you for everything you have done for me. Love; your daughter Caroline and your grand-son Skyler.xoxoxoxox-oxox.....

Happy Anniversary going out to Harry Bosum and Emily Wesley Bosum on August

29. Love is the strongest and most fulfilling emotion possible. If you liveyour commitment to love, you will live your dreams between awakenings. Loveis the source of life. Happy 1st Anniversary to you two! Love Always,Lily Belle Bosum(Ouje)

201 wanted

Be a part of history! Rezolution Pictures needs your help for their next documentary. We need to borrow home movies of life in the community. please call 514 272 5659 or send them with your name, address and phone # to: Rezolution Home Movies, box 48036, 5678 Av du Parc, Montreal Qc, H2V 1S6 (Jihnskuumtinan!)

Personnals

Would anyone like an email friend, if so you can email me at: Cree_Midnight_Star@Hotmail.com Well I hope to hear from someone out there :) !Happy Valentine's Day Chewy! From the very first time we kissed I knew that you were the one. I can't wait to spend the rest of my life with you. You are my heart, my soul, my love, and my best friend. Will you be my Valentine forever? Love B.We would like to say Happy Valentine's Day to a very special girl. CHERISH JOY MIANSCUM. (mis). Hope to see you soon. Love You and Miss you From auntie Shannon, Cousins, Dawn, Rayannon and Keegan (North Bay, On)

Happy Valentine's Day to my Brothers in waswanipi. Love Rayannon and Keegan Chum (North Bay, On)

I'd like to wish all these people I know a happy valentine's day hope ya'll had a good one. Kirby Blackned, Melinda and Calvin. Mimer and Gilbert. Derek House Jamie, Marlene and Cam. Clayton and Rickey House.Jonathan Bearskin, Emma Bearskin and kids, Liette Neacappo, Paul Pachano, Ancita and Edward, THE LIST CAN GO ON AND ON!!! I'm sorry to all those people I forgot to mention. And one more thing before I go wanna say whazzzzz sssaappp!!! to my team mates happy valentine's day girls!!

WITH LOVE FORM THE BOTTOM of the big brown spot of my panties or my jock which ever you prefer. Lena Bates a.k.a Leener Beaner, a.k.a buck master flash, a.k.a queen of buckness. The list can go on forever! And to The Nation Happy valentine's day to yous all! chao!

Comment t'a le vous? As always I

CLASSIFIEDS

am bold as I can be. I just wanted to let you that it was great talking to you the other day. ;>) It is always a comfort to hear that sexy voice of yours. I love you man regardless of circumstances. Please don't forget that I am there for you when you need me! I need you, I love you and I miss you! All the best BABE and don't forget that mail of yours! I hope you are well and in good health! Take Care and Keep Smiling even thru the tough times! Je t'aime! Always on my mind,Fidelio!

We would like to wish a Happy Easter to our grand-parents Claracne & Christine and also Eva. And Happy Easter to all our Aunt's and our Uncle also. Love always, your grand-children and nephew and nieces.I would like to say hi to my Best Friend in Whapmagoostui. HT Girl, I'm still waiting for a letter. Write to me, I would like to know how you are doing. P.S.: Write to me ok. FRIEND 4-EVER HA GIRL

To someone I love in Waswanipi (PQ) I just wanted to say I miss you a lot and I really really love you. I just hope we stay together forever because you mean a lot to me. I'm sorry that I didn't say see you or I love you when I left there, you know I will come back for you. Remember these numbers 7-4-1 Eye Jack. Probably you will know who I am. I'll see you soon Princess.

100 - Births

It's a boy! Congrats to Natasha Gunner and Steve Serafinowicz on the birth of their son, Scott Alexander born in Chibougamau, Qc. at 1:18 am on February 15, 2001 weighing 10 lbs. 15 oz. A little brother for Amanda! Best Wishes, Jennifer, Ryan & Chelsea

201 wanted

Be a part of history! Rezolution Pictures needs your help for their next documentary. We need to borrow home movies of life in the community. please call 514 272 - 8241 or send them with your name, address and phone # to: Rezolution Home Movies, box 48036, 5678 Av du Parc, Montreal Qc, H2V 1S6 (Jihnskuumtinan!)

*** ANNOUNCEMENT ***

National Aboriginal Health Organization (NAHO)

is the business name adopted for the not-for-profit corporation,
Organization for Advancement of Aboriginal Peoples Health (OAAPH)

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